

LONDON

metro



PEPSI STEPS IN DEW ADO

A MOUNTAIN DEW AD CREATED BY RAPPER TYLER, THE CREATOR DRAWS OUTRAGE FOR ITS DEPICTION OF A BATTERED WOMAN BEING THREATENED

PAGE 6



Wanted: Jill of all trades

London MP Susan Truppe is spearheading a movement to attract more women to non-traditional occupations

PAGE 2

More arrests in Boston

A young man accused of destroying evidence in the Boston Marathon bombings had the vanity licence plate 'Terrorista #1'

PAGE 4

\$40 MILLION

estimated



Friday's Jackpot

NEWS WORTH SHARING.



A PURR-FECT MATCH

Two-year-old Milly seems perfectly comfortable on Wednesday in the arms of London Humane Society veterinary technician Alysha Goencz. Milly, along with many other humane society cats, will be on the hunt for a forever home this weekend as the non-profit shelter takes part in PetSmart's National Adoption Weekend, which runs from Friday to Sunday at the chain's 86 Fanshawe Park Rd. E. store. MARK SPOWART/FOR METRO

Voices

As a Bruins fan in Leafs Nation, John Mazerolle is used to a little ribbing. But Leafs fans are at least polite about it, eh?

Dish

News on the Jen Aniston baby-bump front: She wore a billowy dress that made her look preggers

PAGE 10

Food

Keen on quinoa? Try Mexican-accented quinoa shepherd's pie and delicious quinoa crepes

PAGE 12

Sports

Get the latest Major League Baseball and NHL playoff news inside and online at metronews.ca

PAGES 17 & 18

Pool closure sends users off the deep end

St. Joseph's Hospital.

Those who rely on pool for therapy say other pools are just too cold



JOHN MATISZ

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User fee

- Karen Perkin of St. Joseph's Health Care London would not say how much it costs annually to operate the hospital's hydrotherapy pool, but she did confirm users are charged \$40 a month.

It's a matter of only a few degrees. But it's enough to have gotten the blood boiling in 300 aching bodies.

Hilda Petch and company are on a campaign to prevent a St. Joseph's Hospital hydrotherapy pool from closing due to budget cuts. The number of signatures is growing on a petition to be presented on Monday at Queen's Park.

While hospital officials have said there are other pools in the city that can do the trick, Petch doesn't buy it. The temperature in St. Joe's pool is usually about 34 C. Other pools are about 29 C. And that, Petch says, just isn't hot enough to provide relief for patients, who suffer from fibromyalgia, osteoarthritis and other physical ailments.

"They keep saying, 'We can get a pool in the community that will serve you fine,' but there isn't a pool that is anywhere close," Petch said.

The group has found an ally in London-Fanshawe MPP

Theresa Armstrong, who plans to hand deliver the petitions — signed by more than 500 people as of Wednesday — to the legislature in the hope of persuading Health Minister Deb Matthews to get involved.

The decision to close the pool comes about two months after the hospital announced it has an expected \$6.4 million budget gap for 2013-14.

The cost-cutting strategy "is what it is," Karen Perkin, vice-president of clinical programs at St. Joseph's Health Care London, said on Wednesday.

Changing the plan isn't an option, she said, noting hospital officials are in talks with "community partners" that would replace the service. Water temperature is part of those talks, she said.

Online

Read more news at [metronews.ca](#)



Feds seek more women in trades

Boost. Government accepting proposals through May 31 on how they can achieve their goal

MARK SPOWART
london@metronews.ca

The federal government is on the hunt for a few good ideas to help boost a few good women.

Leading the charge is London North Centre MP Susan Truppe who's been criss-crossing the country in recent weeks talking with the likes of union representatives and employers.

The goal?

Find a way to prompt more women to take on jobs in the skilled trades.

No matter where she's sat down at the table — be it in the West or East — the message has been the same, said Truppe, the parliamentary secretary for the status of women.

"The common denominator is that girls are not aware at a younger age that these skilled trades exist as an employment option for them," she said.

The government is accepting proposals through May 31 on programs that would work toward three goals: Advance women in "non-traditional" occupa-

tions, increase job opportunities for women and improve opportunities for women who are new to Canada.

Money has been set aside to back some of the best ideas.

Truppe said federal leaders are looking to school boards and post-secondary institutions to pick up the ball.

Some, she said, have already established themselves as leaders.

"Fanshawe College is doing a good job with that," said Truppe, adding the college hosted her first roundtable on the issue.

While there, the MP said she heard from students that awareness needs to begin at the elementary level so young girls will opt into technical courses when they reach high school.

Other factors preventing women from entering the skilled work force include the perception that it takes a long time to complete training, and that it's expensive.

"The fact is that when you are apprenticing in these positions you are being paid as well, and that is something that we heard many women were unaware of," Truppe said.

On the web

For more information visit women.gc.ca.

Upcoming event. Police launch prescription drug roundup across the city

London police are hitting shopping malls to promote an upcoming event aimed at making sure prescription drugs don't wind up in the wrong hands.

Officers will be at Cherryhill mall from 10 a.m. to 2 p.m. Friday and at Masonville mall during the same hours Saturday to explain the program. Outdated, unused and unwanted medication can be dropped off at select sites May 11 with no questions asked.

Called Prescription Drug Drop Off Day, the effort is part of a larger project led by the

Where they'll be

Prescription drugs can be dropped off at the following locations from 10 a.m. to 2 p.m. on May 11:

- Masonville Place, White Oaks Mall, Argyle Mall and Cherryhill Village Mall

Ontario police chiefs association, the government and Public Safety Canada.

METRO



Devonte Gilbert, 2, of London, chases bubbles Wednesday in a park at the Forks of the Thames. Devonte's parents will no longer have to worry about people smoking near playground facilities after a new city bylaw took effect Wednesday. MARK SPOWART/FOR METRO

Middlesex-London Health Unit clamping down on smoking outdoors

Smokers beware.

The next time you light up in London it may be best to check your surroundings.

The city's outdoor smoking bylaw took effect Wednesday, meaning people face a \$205 fine if caught smoking within nine metres of park playgrounds, splash pads, sports field and similar sites.

Smoking is also banned within the same distance of doors to city-owned buildings.

The new regulation, approved earlier this year by

city council, will be enforced by members of the health unit's tobacco enforcement team.

The health unit launched a public awareness campaign about the rule several weeks ago. That will be expanded in coming weeks to include billboards and bus shelter advertisements all sending the same message: "Smoking doesn't belong in places where we play."

Officials received only a few complaints about the

bylaw in the lead up to enforcement, said Linda Stobo, program manager for chronic disease prevention and tobacco control at the health unit.

"London is ready for this," she said Wednesday. "This bylaw is in line with what the community has been requesting."

The city joins nearly 90 Ontario municipalities, including Kitchener and Woodstock, with bylaws regulating outdoor smoking.

ANGELA MULLINS/METRO

A first. Council votes in favour of hiring integrity commissioner

London city council made history this week, moving ahead with plans to hire an integrity commissioner.

There were lots of questions, opinions and speculation on everything from how much it will cost to exactly how the office will be structured. At the end of the Tuesday debate, one question remained: Why now?

That question did seem to resonate with Coun. Paul Van Meerbergen, the only politician who asked it publicly and the only one who voted against bringing an integrity commissioner on board.

"What has changed?" Van Meerbergen asked. "Eight months ago, this very same council voted not to have an integrity commission. So I have to ask, what has changed?"

Coun. Stephen Orser, who voted against hiring a commissioner in September but changed his mind in Tuesday's vote, has an answer.

"We are heading to a full-time council," Orser, a long-time proponent of that idea, said on Wednesday.

"There is no doubt that, with the ever increasing workload, we are heading there," Orser said, noting that in other cities with integrity commissioners, such as Vaughan and Mississauga, councillors work full time.

A lot is unknown about how the position will work. Previously, officials have said the appointed person would



Coun. Stephen Orser CONTRIBUTED

The mandate

- Along with offering advice on handling certain issues, London's integrity commissioner likely will be charged with launching investigations into code-of-conduct allegations involving city councillors.

likely be put on a retainer and paid for each case handled.

Details on the pay rate — and how the appointment process will work — haven't been finalized.

Councillors made one thing clear on Tuesday, though: The integrity commissioner will not double as the city's closed-meeting investigator.

Ontario Ombudsman Andre Marin will continue in that role.

MARK SPOWART/FOR METRO

Roads most travelled

CAA searches for Ontario's worst

The Canadian Automobile Association has launched its 10th annual Worst Roads campaign for Ontario with a call for the province to spend taxes collected from drivers to fix the problems.

Road users are encouraged to vote on the CAA website all month for the province's worst road of 2013 and the Top 10 will be shared with Ontario's provincial and municipal governments.

While launching the campaign, the South Central Ontario branch of the association called on the province to dedicate revenue collected from gas taxes to improving roads, bridges and highways.

THE CANADIAN PRESS

Biannual adjustment

Electricity rates up: Ontario Energy Board

Electricity prices are rising slightly for Ontario households and small businesses.

The Ontario Energy Board says new rates taking effect on Wednesday will mean an increase of about \$3.63 a month for the average customer with a typical consumption pattern.

The board sets electricity prices twice a year, in May and November, based on updated cost estimates.

It says estimates for the coming year include more generation and increased costs from renewable energy, nuclear and hydroelectric sources.

THE CANADIAN PRESS



Londoners Caitlyn Campbell and Justin Dickson, both 20, receive hands-on instruction on Wednesday from teacher Robert Bell at the School Within a University program. The effort puts at-risk high school students on a path to university and other post-secondary programs. DAVE DE VRIES/FOR METRO

Program helps crack the books

Help in high school. Program for at-risk youth proving to be a model that works

DAVE DE VRIES
london@metronews.ca

Eight months ago, Justin Dickson didn't know if he'd graduate from high school.

Now, he's getting ready to attend Fanshawe College.

The 20-year-old Londoner is one of the many success stories tied to School Within a University, a program for

at-risk youth operated jointly by Western University and the Thames Valley school district.

Dickson, for one, is a believer.

"I don't think that conventional school is good for everyone's situation ... This program should be expanded to other cities and on a larger scale," he said. "We just shouldn't wait until people are failing out of school."

The program was born during a conversation between Julie McMullin, an associate dean of social science at Western, and some of her colleagues. They had heard about similar programs at other Ontario schools and figured it

was worth taking a shot.

Up to 25 students may enrol for each session. They attend classes on the Western campus, earning secondary- and post-secondary school credits at the same time.

The model seems like a natural fit for London, McMullin said.

"We have many post-secondary institutions here, and it's increasingly marketed by the city as an education destination," she said. "So being able to offer members of our community this kind of life-changing experience speaks for itself."

Of the 21 students enrolled in the program's first year,

At a glance

- The School Within a University program is accepting applications through Monday for the 2013-14 school year.
- The program is available to 17- to 20-year-olds who are struggling to complete high school.
- Visit tvdsb.ca/Destinations

15 applied to university or college. Several have already been accepted.

Nixing online voting a smart move, some say

As Canadians sail further into the digital age, Elections Canada has abandoned ship on a plan to offer online voting.

The federal agency had hoped to run the experiment before the 2015 general election, but announced this week it would be postponed due to budget constraints.

Many had seen the effort as

a way to attract younger voters, and it's an issue that prompts a lot of questions from students, said Linda Stephenson, an associate professor of political science at Western University.

Still, Stephenson and others see the delay as a good move if it means warding off potential problems.

"In general, people worry

about the security of things online, especially with hacking and leaks (making headlines) in the news," she said.

Zach Armstrong, a 26-year-old graduate student at Western, agrees. He's a big fan of casting ballots online, but also wants to know the process will be safe when it's finally rolled out. DAVE DE VRIES/FOR METRO

Next generation's leaders

74%

Number of young voters who said they cast ballots in the 2011 general election.

SOURCE: ELECTIONS CANADA'S NATIONAL YOUTH SURVEY REPORT

Friends of Boston bombing suspect removed fireworks from dorm: FBI

19-year-olds charged.

Two of three students arrested were previously jailed on allegations they were in violation of their student visas

Three college friends of Boston Marathon bombing suspect Dzhokhar Tsarnaev were arrested and accused Wednesday of removing a backpack containing hollowed-out fireworks from Tsarnaev's dorm room three days after the attack to keep him from getting into trouble.

In court papers, the FBI said one of them threw the backpack in the garbage — it was later found in a landfill by law enforcement officers — after the young men concluded from news reports that Tsarnaev was one of the bombers.

Azamat Tazhayakov and Dias Kadyrbayev, both 19-year-olds from Kazakh-



This April 20 photo shows the front tag on a 2006 BMW that a spokesperson from the Massachusetts Registry of Vehicles says is registered to Dias Kadyrbayev, who is charged with conspiring to obstruct justice in the Boston bombing investigation. One of Kadyrbayev's lawyers said the plate was just a joke gift from the 19-year-old's friends. ERIKA NIEDOWSKI/THE ASSOCIATED PRESS

stan, were charged with conspiring to obstruct justice by concealing and destroying evidence. Robel Phillipos, 19, who graduated from the prestigious Cambridge Rindge

and Latin High School with Tsarnaev, was charged with lying to investigators about the visit to Tsarnaev's room.

The three were not accused of any involvement in

the bombing itself. But in a footnote in the court papers outlining the charges, the FBI said that about a month before the bombing, Tsarnaev told Tazhayakov and

Kadyrbayev that he knew how to make a bomb.

Authorities allege that on the night of April 18, after the FBI released surveillance-camera photos of the bombing suspects and the three men suspected their friend was one of them, they went to Tsarnaev's dorm room.

Before Tsarnaev's roommate let them in, Kadyrbayev showed Tazhayakov a text message from Tsarnaev that read: "I'm about to leave if you need something in my room take it," according to the FBI. When Tazhayakov learned of the message, "he believed he would never see Tsarnaev alive again," the FBI said in the affidavit.

The lawyers for the Kazakh students said their clients had nothing to do with the bombing and were just as shocked by the crime as everyone else.

If convicted, each of the accused could receive a multi-year prison sentence and a fine of up to \$250,000.

THE ASSOCIATED PRESS

Russian connection

Box bomb kills teens in Dagestan

A bomb exploded Wednesday in a busy shopping area in the capital of Russia's restive republic of Dagestan, killing at least two people, police said.

Two teenage boys who tried to open a cardboard box left near a store were killed when the bomb inside went off, police said.

The explosion in the city of Makhachkala also wounded an undetermined number of people, said the republic's interior ministry. She had no further details about the bomb.

The Islamic insurgent hotbed is home to the parents of the suspects in last month's Boston Marathon bombing. One of the bombing suspects who was killed in a shootout with police, Tamerlan Tsarnaev, paid a long visit to Dagestan last year.

Investigators are trying to determine whether he had contact with extremists there.

Global presence

Canada won't trade foreign policy for Security Council seat: Baird

The ongoing debate about Canada's standing on the world stage was rekindled Wednesday after John Baird admitted Canada won't run again for a spot on the United Nations Security Council.

Canada doesn't need a spot on the council to have a place in the world, the foreign affairs minister said Wednesday during a pointed question period exchange in the House of Commons.

"Canada's principled foreign policy is not for sale for a Security Council seat," Baird said.

"We are aggressively working on humanitarian aid to the most vulnerable, including Syria; we are taking real leadership when it comes to standing up against the evil that is Iran ..."

"This minister will be noted as the minister who just gave up when it comes to trying to win back our seat ..." NDP critic Paul Dewar said.

THE CANADIAN PRESS

Accident. 2-year-old girl killed by brother, 5, with gun received as a gift

'My first rifle'

Keystone Sporting Arms produced 60,000 Crickett and Chipmunk rifles in 2008, according to its website.

- The smaller guns come in all sorts of colours, including blue and pink.
- The company's slogan is "my first rifle," and its website has a "Kids Corner" section with photos of children at shooting ranges and on bird and deer hunts.

ber. While many urban and suburban areas work to keep guns out of the hands of children, it's not uncommon for youths in rural areas to own guns for target practice and hunting.

"Down in Kentucky where we're from, you know, guns are passed down from generation to generation. You start at a young age with guns for hunting and everything," White said.

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Immigrant marchers appeal to higher power

An immigrant wearing a traditional charro hat from Mexico holds a banner of Mexico's Virgin of Guadalupe, as they gather to march during a May Day rally in downtown Los Angeles on Wednesday. In celebration of May Day, people gathered across the country to rally for various causes, including immigration reform. Demonstrators demanded an overhaul of U.S. immigration laws in the annual nationwide ritual that carried a special sense of urgency as Congress considers sweeping legislation that would bring many of the estimated 11 million people living in the U.S. illegally out of the shadows. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Sex assault

Pants puller apologizes to Ottawa women

A man who terrorized women in Ottawa last spring with a spree of sexual assaults in which he pulled down his victims' pants in broad daylight as they walked alone, apologized to the city Wednesday. "I am sorry," said Gavin Griffiths, 26, speaking in court to his nine victims before being sentenced to 10 months at the St. Lawrence Valley Correctional and Treatment Centre.

GRAHAM LANKTREE/METRO

Protecting juveniles

Group assails sex-offender registry system

A human rights group is calling on the government to stop the practice of placing the names of juveniles on publicly accessible sex-offender registries.

THE ASSOCIATED PRESS

Greek-only handouts

Mayor of Athens vows to stop 'racist' charity

The mayor of Athens has pledged to prevent an extreme far-right party from staging food handouts only for Greeks in the capital's busiest square. Giorgos Kaminis accused Golden Dawn on Wednesday of engaging in "racist and xenophobic charity." Kaminis said Thursday's planned handout is illegal and he would do his best to stop it.

THE ASSOCIATED PRESS

Desperate act

Couple leaves autistic son with social services

An Ottawa couple's decision to leave their severely autistic son at a social services agency this week was 10 years in the making. Amanda Telford took her 19-year-old son Philippe to Developmental Services Ontario.

TORSTAR NEWS SERVICE

Racist taunts greet 1st black minister in Italy

Cecile Kyenge.
Appointment of woman born in Congo causes racist backlash

It was hailed as a giant step forward for racial integration in a country that has long been ill at ease with its growing immigrant classes.

But Cecile Kyenge's appointment as Italy's first black cabinet minister has instead exposed the nation's ugly race problem, a blight that flares regularly on the soccer pitch with racist taunts and in the diatribes of xenophobic politicians — but has now raised its head at the centre of political life.

One politician from a party that not long ago ruled in a coalition derided what he called Italy's new "bonga bonga government." On Wednesday, amid increasing re-

vulsion over the reaction, the government authorized an investigation into neo-fascist websites whose members called Kyenge a "Congolese monkey" and other epithets.

Kyenge, 48, was born in Congo and moved to Italy three decades ago to study medicine. An eye surgeon, she lives in Modena with her Italian husband and two children. She was active in local centre-left politics before winning a seat in the lower Chamber of Deputies in February elections.

Premier Enrico Letta tapped Kyenge to be minister of integration in his hybrid centre-left and centre-right government that won its second vote of confidence Tuesday. In his introductory speech to Parliament, Letta touted Kyenge's appointment as a "new concept about the confines of barriers giving way to hope, of unsurpassable limits giving way to a bridge between diverse communities."

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Italian Integration Minister Cecile Kyenge arrives at the premier's office in Rome. GREGORIO BORGIA/THE ASSOCIATED PRESS FILE

Ireland publishes bill on life-saving abortions



Abortion rights protesters hold pictures of Savita Halappanavar as they march through central Dublin. SHAWN POGATCHNIK/THE ASSOCIATED PRESS FILE

Ireland unveiled long-awaited bill Wednesday that lays down new rules governing when life-saving abortions can be performed, a point of potentially lethal confusion for women in a country that outlaws terminations.

Prime Minister Enda Kenny, speaking to reporters after his government published the Protection of Life During Pregnancy Bill, said he hoped the coming weeks of debate would not turn bitter. But he warned Catholic conserva-

tives within his own party to back the bill or be expelled.

Kenny said the bill would set a maximum 14-year prison sentence for anyone involved in an illegal abortion, whether doctor or patient. The current law, dating to 1861, sets the maximum penalty at life.

Kenny's government took action following the death of a woman last year from blood poisoning after she was refused a termination because her dying fetus still had a heartbeat. The bill, if passed,

would change nothing for the vast majority of an estimated 4,000 Irish women who travel annually for abortions in England, nor the growing number who order miscarriage-inducing drugs over the Internet.

Anti-abortion activists, including many in Kenny's own Fine Gael party, protest that the proposed law could become a platform for eventual wider access to abortion in Ireland. Malta is the only other European Union country that bans it.

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Debate

The bill, published after weeks of government infighting on its terms, faces lengthy debate and likely amendments.

- Opposition lawmakers who want broader access to abortion accused Kenny of hypocrisy and say the bill is so restrictive most women won't bother.

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5 TAILS, ONE STORY

Canada Post and the Canadian Federation of Humane Societies (CFHS) have teamed up on the Choose Pet Adoption stamp issue. Meet the stars of the stamps above. Use them on your mail to help raise awareness about pet adoption as the first choice when bringing a new animal into a family!



PURCHASE ONLINE OR AT YOUR POST OFFICE.
canadapost.ca/adoption



In this online ad for Mountain Dew, the goat in the police lineup makes threatening remarks to the injured woman such as, "Ya better not snitch on a playa," and "Keep ya mouth shut." She eventually screams "I can't do this, no no no!" and runs away. YOUTUBE SCREEN GRAB/METRO

Celeb-made Mountain Dew ad leaves bad taste

Hip or horrible? PepsiCo pulls online spot depicting battered woman being threatened in police lineup

PepsiCo is once again learning the risks of celebrity partnerships after an ad for Mountain Dew was criticized for por-

traying racial stereotypes and making light of violence toward women.

The company said it pulled the 60-second spot after learning people found it offensive. The ad was part of a series developed by African-American rapper Tyler, The Creator, and depicted a battered white woman on crutches being urged to identify a suspect out of a lineup of black men.

A goat character known as Felicia is included in the lineup and makes threatening comments to the woman, such as "Ya better not snitch on a playa," and "Keep ya mouth shut."

The woman eventually screams "I can't do this, no no no!" and runs away. The word "do" is in apparent reference to the soft drink's Dew It slogan.

THE ASSOCIATED PRESS

Pre-budget promises

Grant program would help Ont. music industry

Ontario's governing Liberals are promising to create a music grant program in Thursday's budget. They plan to spend \$45 million in new money over three years, starting this year.

The Liberals say it will promote Ontario's music industry in Canada and overseas and bring more business to Ontario. It's the latest in a series of pre-budget announcements by the minority Liberals, who need the support of one other party to pass the budget. THE CANADIAN PRESS

Tech trends. One third of cell users still own 'stupid' phones

Writer Steve Burgess doesn't like to use his cellphone in public. While data shows cellphone users are increasingly jumping to smartphones, Burgess still carries his trusty flip phone.

He knows his "stupid phone," as he calls it, is made by Samsung but has no clue what model it is. He's part of a rapidly shrinking minority that has resisted upgrading to an iPhone, Android device or BlackBerry.

A telephone survey of 4,001 Canadians conducted for the Media Technology Monitor found about two thirds of the

User profile

- Media Technology Monitor found non-smartphone users are more likely to be female, older, have a lower income, live in a small community and have less education.

mobile phone owners polled said they had a smartphone and the other third had an older non-smartphone.

THE CANADIAN PRESS

Online content. DreamWorks buys AwesomenessTV for \$33M



YouTube teen network AwesomenessTV features talk shows, scripted and reality programs and sketch comedy. YOUTUBE SCREENGRAB/METRO

DreamWorks Animation SKG Inc. is buying AwesomenessTV, a YouTube teen network, for about \$33 million US in cash as it looks to tap into the popularity of online content.

DreamWorks said Wednesday that AwesomenessTV founder and CEO Brian Rob-

bins will continue to direct growth at that company while also developing a DreamWorks branded digital family channel.

AwesomenessTV's network of more than 57,000 YouTube channels has 14.4 million subscribers. THE ASSOCIATED PRESS

Market Minute

DOLLAR
99.20¢ (-0.06¢)

TSX
12,321.29 (-135.21)

OIL
\$91.03 US (-\$2.43)

GOLD
\$1,446.20 US (-\$25.90)

Natural gas: \$4.32 US (-2¢)
Dow Jones: 14,700.95 (-135.85)

A FOREIGNER IN LEAFS NATION

Dearest readers,

By the time you read this, I may have already been mocked.

As I write this, Game 1 in the playoff series between the Boston Bruins and the Toronto Maple Leafs has not yet been played. It promises to be a war and, as a fervent Bruins fan in Toronto, I'm trapped behind enemy lines.

Toronto is Canada's team — or so certain Leafs fans never tire of telling me — and here I am right in the belly of the buds. If Toronto was victorious in the first battle, the verbal and psychological abuse may have already begun. And if the Bruins took the skirmish, who knows what blowback I might be facing?

A number of people, concerned about my well-being, have asked what it's like to be a die-hard fan of one team while living in a rival team's city. In response, I scratch out this humble letter, keeping myself sane on the eastern (conference) front with pieces of chocolate and a few pin-up girls I've been able to find on the Internet.

I try to blend in here, but I fear my Bruins toque, two Bruins



HE SAYS
John Mazerolle
metronews.ca

jackets, two Bruins T-shirts, four Bruins baseball caps, Bruins key chain and Bruins rubber bracelet may be giving me away.

Fortunately, most Leafs fans don't seem to notice me; they're too busy celebrating that they've made the playoffs for the first time since the Earth was hot and molten. They stumble around with goofy grins, shaking the rust of fandom off, yelling on the streets that they're "ready for the ... after-games ... tournament thing!"

But I must be careful not to prod. As I said, by now the Leafs may be up 1-0 in the series, and I'll be dodging the shots and cuts and jabs of co-workers and passersby. Just yesterday somebody said, "Your jacket looks terrible."

The wound still festers.

I always live in fear of the perfect put-down, the one that will shame me and shut me down forever. Fortunately the best most people can do is, "Your team's best player sucks!"

And, in truth, Maple Leafs fans are remarkably gentle. It might be because the young men most likely to be jerks

haven't had anything to strut about since they were 11. It might be because buying a game ticket requires a bailout from the World Bank. Or it might just be Toronto's easy-going nature.

Whatever it is, Leafs fans are not the threatening sort. Yet.

Compare that to, say, Philadelphia, where Flyers fans would gladly decapitate me at the gates of Wells Fargo Center and use my head as a clapper in the Liberty Bell.

Yes, I do consider myself a hero.

But I'm not alone. Right across this country there are people like me: Calgary fans in Edmonton, Edmonton fans in Vancouver, Montreal fans in Winnipeg, Rangers, Bruins and Blackhawks fans have infiltrated the North. And Maple Leafs fans seem to be everywhere, like spruce budworm.

God, I even know an Islanders fan, may his soul find rest.

Yes, us sports fans who value laundry over geography are legions. So, no matter what the outcome over the next two months, I will walk brave and true through enemy territory, knowing I have an army of like-minded soldiers at my back.

Unless, of course, the Leafs win the Stanley Cup, in which case I'm moving to Ouagadougou.

Don't bother writing.

Click bait ANDREW FIFIELD
andrew.fifield@metronews.ca

So now that a particularly nasty winter is behind us (most of us), the yearning for an escape to far-flung locales may have eased a bit. But there are still rainy days ahead, so why not spend one of them exploring the world? Here are three ways to do it.



Instahood:

Using Google Street View to investigate a neighbourhood can be a little Grand Theft Auto-like since you can't really enter any buildings and poke around. Instahood gets you closer to the real feel of a city (and its duck-faced selfies) through tagged photos on Instagram. (instahood.meteor.com)

Koozoo:
A newly-released iOS app that allows

users to broadcast video — either recorded or live — from their home city. Broadcasting is still in beta and limited to San Francisco and Austin, Texas, so file Koozoo under 'very promising' for now. (koozoo.com)

Tetsudo Now:
Tokyo's public transit system is a breathtaking sprawl of remarkable efficiency, and you can watch it play out on a real-time map that provides arrivals information for its millions of users. (demap.info/tetsudonow)

Twitter

@metropicks asked: As the NHL playoffs get underway, we want to know: what's your playoff rhyme? Lucky pants? Not shaving?

@kajomha: wear a rain coat when going to Detroit games because I don't want to be showered with squid goo

@bobbyboucher604: wear jersey, & other @VanCucks gear to the office, have large size flag in front window

dow @ home, this yr some Ginga Ninja beer

@EthanDR: I use my luc ky Netscape Navigator browser

@EvanPetric17: Never really had one, Leafs finally made playoffs for the first time in 9 yrs. Maybe I won't wash this Leafs shirt. #Leafs

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

ZOOM

C'mon, let's just wing it!



First time taking flight for chicks

This amazing image shows goldeneye chicks (*Bucephala clangula*) taking a leap of faith as they leave their nest for the first time. In a heart-stopping scene, the mother urged the young sea ducks to jump a few metres to the ground. METRO

Photog's words

"The mother knows when all the kids are out of the eggs and then she jumps out, down on the ground. She stands and makes special sounds to get the chicks to jump. In a moment, the little ones begin to jump out, and you will see the sweet birds coming one by one, all jumping in different styles as you can see."

Ducking out

"I had to wait two-and-a-half hours to get this shot. It brought a tear to my eye."

Karin Thorell, nature photographer from Överkalix, northern Sweden

A story of pantyhose and pinups

New exhibition. A celebration of strong women — Women, Freedom and Hosiery opens Thursday in the Spencer Gallery at Western



BACKSTAGE PASS

Mila Petkovic
london@metronews.ca

Going through her grandmother's scrapbook last year, Paddy Jane made an incredible discovery.

Her grandmother, Paddy Browne, had not only been an actress, but also a radio host, pinup model and cabaret host.

"It was the strangest thing. It was like I'd somehow become my grandmother without even knowing who she was," says Jane, who for the past seven years has been exploring turn-of-the-century boudoir, pinups, speakeasies and strong women through her photography.

Her work will be shown as part of the exhibition Women, Freedom and Hosiery, opening Thursday in the D.B. Weldon Library's Spencer Gallery at Western University.

"This show actually means a great deal on a personal level," says Jane, host of the Toronto radio show Sex, Outlaws & Rock 'n' Roll and an occasional burlesque dancer. "I get tears when I think about it too much."

Women, Freedom and Hosiery celebrates strong women who showed a sexual identity regardless of social norms at the time, explains

curator Jennifer Fraser.

During the first half of the 20th century, women displaying so-called "immoral" behaviour could be incarcerated under the Female Refugees Act of Ontario and forced to work in hosiery mills.

"My grandmother's life embodies the spirit of Women, Freedom and Hosiery," Jane says.

"When women were told their place was in the kitchen, she was travelling across Europe performing for the troops. When women were being told to not speak until spoken to, she was broadcasting on the radio."

Born in London, England, Paddy Browne moved to Canada and started a theatre company in Cambridge, Ont., mid-century and volunteered at the local community centre teaching drama to children. She died in 1992.

A glass display case in the Spencer Gallery includes some of her head shots and pinups, photos of her in pin curls on the radio, and a program from when she performed at The Windmill Theatre in London, England.

For the first, and probably only time, Jane and her grandmother's pinup portraits are being featured side by side.

Jane is also showcasing a series of turn-of-the-century pinups that embody strength, poise and independence even in various states of undress.

"The best sexy has mystery, and I love to set imaginations on fire," says Jane.

Photographers Dana Brushette (London) and Ana Cop (Toronto) will also be showing retro-inspired pinup images.

On until June 30, the exhibition also features paintings by Kerstin Maciuk.



Actress Paddy Browne is one woman featured in an exhibition opening Thursday at Western. COURTESY OF PADDY JANE

Around Town

- Tunes: Energetic rock-raver Andy's iLL and dubstep act Dr. Ozi will play Call the Office (216 York St.) on Friday. The music starts at 10 p.m. Tickets are \$10.

- Dance: Rockabilly dance duo The Hamptons, pop act Language Arts and folk collective Oh Geronimo will hit the stage at APK (347 Clarence St.)

on Friday. Doors open at 9 p.m. Tickets are \$6.



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Singer Cox's 'very dark' times give edge to Deerhunter's latest



Deerhunter frontman Bradford Cox. ASSOCIATED PRESS

Monomania. Lead man's late boozy nights also played their part, as did his vast collection of 600 songs

Bradford Cox wrote what would become the final track of Deerhunter's forthcoming album, a song called Punk, at a friend's house in New York during what he describes as a very difficult time. He'd gone north to get away from personal turmoil in his hometown of Atlanta, taking few items other than a borrowed leather jacket.

Before work could start on the album, the band faced more difficulty — the departure of its longtime bassist Josh Fauver — which made Cox fear the band would break up.

It did not, but Cox still wound up playing a melodic bass line on Punk during recording sessions earlier this

year. The reason for the extra duties wasn't personnel-related. "I played a lot of stuff on that song, but that's only because the demo is so confusing because I was drunk when I made it," he said during an interview at his house in Atlanta. "I was in character for that song."

The smouldering, propulsive track was part of a burst of songwriting within the past two years that Cox says resulted from "very dark" things that he declined to explain further. These songs form the bulk of Monomania, the band's fifth full-length album due to be released on May 7.

Anticipation for the album was goosed by a performance of the noisy title track in early April on Late Night With Jimmy Fallon, which was analyzed on more than a dozen music blogs under headlines describing it as "brilliant, bizarre." The band's past two albums also each landed near the top of year-end lists.

Cox, who turns 31 on May

Batman sings

"I sleep all day, that's what I do. I'm like a bat."

Bradford Cox, lead singer of Deerhunter
On what his creative life is like

15, said the band had been doing all-night rehearsals to prepare for a string of tour dates around the Southeast before they head to Europe for club shows and festivals. The day of the interview, they'd practiced until 7 a.m. and Cox had awakened not long before a reporter showed up in the late afternoon.

"I sleep all day. That's what I do," he said. "I'm like a bat."

The new album is a collage of elements familiar to Deerhunter fans — cacophony interspersed with tunefulness, guitar tones that range from scratchy to soothing and vocals that occasionally dissolve into distortion.

THE ASSOCIATED PRESS

new

SALON GENIUS. BRILLIANTLY PRICED.



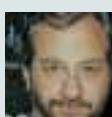
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I am such a hoarder I can't even close open windows on my computer.



• • • •



@DanaDelaney
At the bar, met Chris & Mike from Schiavone Construction who are bringing the subway to LA. About time.

• • • •



@GaryShandling
Good night. I'm now going to block myself.

• • • •



Kelly Osbourne ALL IMAGES GETTY

Kelly Osbourne loses her cool with interviewer

Kelly Osbourne isn't the easiest person to interview, at least according to Daily Telegraph reporter Joel Christie, who's spilling about a particularly tense chat with the reality star. "The conversation didn't start well. She called me 'presumptuous' for calling her rumoured fiancé her fiancé," Christie reports, adding that Osbourne got testy pretty quickly. "You are trying to f—ing turn this around and get s— on my family, aren't you?" she reportedly scolded him. Christie remains miffed: "It's pretty vexing when you're screamed at for spurious reasons."

The Word



Why Jennifer's latest dress has us whispering and wondering



THE WORD

Dorothy Robinson
scene@metronews.ca

Oh man. Jennifer Aniston. What are you doing to us? How in the world can you show up to an event in what has been alternately described as a "billowy," "loose," "definitely maternity" dress? What does this mean?! Of course, it could just be that the actress is wearing a loose-fitting dress at the book launch party for Mandy Ingber's *Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover* and we are all jumping to conclusions. And honestly, if I were Jennifer Aniston, I'd wear dresses like this until the

day I die just to continuously mess with the minds of the baby-hungry public at large.

But! It seems like the actress has moved her wedding date and she's passing the blame to Brad Pitt (ex-husbands are always good scapegoats). She doesn't want to overlap with Brad Pitt and Angelina Jolie's rumoured wedding this summer, according to Us Weekly. "She does not want her day associated with them," a source says, adding that when Aniston first heard of Pitt's planned wedding date she considered moving her wedding to Justin Theroux up to take place before it, but her fiancé talked her out of that idea. "Justin got weirded out by all the rushing." Aniston has now reportedly put her wedding plans completely on hold. "Nothing has happened on that front in a month," the source says.

Maybe that's because she's pregnant?! Or not. Only time, and more billowy dresses, will tell.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lindsay Lohan

Prison sentence looms for Lindsay Lohan if she fails to show for rehab stint

Today's the day that Lindsay Lohan has to report for 90 days of court-ordered rehab, though at press time no facility had been chosen yet, according to E! News. If she doesn't check in somewhere she will be "required to show up to court on Thursday with her lawyer in L.A.," a source says. "If Lohan does not comply with the judge's

order, that would be a violation of probation that could land her in jail." But one thing's at least for sure: Lohan won't be blogging about the experience while she's locked up, despite a report that she'd be using her personal website to chronicle her rehab. "She will not be blogging from rehab, but she does plan to have her own space on the web where she can talk about her passions," another source says. "She wants a place to discuss her love of fashion, music, art and her unique sense of style. She wants to be able to connect to her fans directly."

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Multi-task makeup: a miracle or a marketing scheme?

She's all that?

Alphabet skin care has pretty much reached its tipping point, surfacing not only on swanky beauty counters but also in drugstore makeup aisles. But are the multi-function creams really improving your skin or merely clogging your pores? We take a look at the pros and cons

ROMINA
MCGUINNESS
Metro World News in London



Julep DD Crème

\$36,
julep.com



Smashbox CC Crème

\$42,
smashbox.com



Dior Hydra Life BB Crème

\$56,
dior.com



By now you've probably seen, tried or become addicted to all-in-one BB creams, which promise to protect, hydrate and perfect your skin while covering your spots.

"Having a product do it all was a first in the world of cosmetics, where the colour and function of the formula usually comes first and the treatment benefits take a back seat," Kerri Bender, manager of global product development at Smashbox Cosmetics says.

And maybe you're excited to get into CC creams, which arrived this spring and are meant to even out skin tone, reduce dark spots and enhance skin radiance through optics and coverage.

Now, the beauty industry is in a frenzy over the first ever DD cream, due to hit stores in June. Produced by Julep, it will target age spots, fine lines and, yes,

Face the facts

"We haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours."

Mary Schook
Celebrity facialist and makeup artist.

cover flaws.

But are all of these multitaskers yielding results?

"To me they're marketing hype," says Mary Schook, a New York based celebrity facialist and makeup artist. "What's good about all of this is that it forced the industry to work on building better foundations. Because we haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours," Schook adds. She and Bender help us look at the pros and cons.

PROS — Kerri Bender

A simpler makeup routine

"BBs are the baseline. You don't have to be a makeup junkie to use one. If you're looking for an all-in-one product, something that is going to prime, perfect, protect, hydrate and control oil, then it's the right one for you."

They mix well with your other products

"Both BB and CC creams work for any skin type. If you require a little more hydration, use your BB or CC cream in conjunction with your moisturizer. And if you have problems with shine, you can top off your BB or CC with a finishing powder."

They're good primers

"If you need higher coverage, most BB and CC creams function as primers and can be layered under your foundation for added benefits. And both offer strong sun protection."

CONS — Mary Schook

Clogged pores

"BB creams contain so many different ingredients that the skin can't handle, such as silicone and avobenzene, which cause breakouts. BB creams are supposed to have sunscreen and avobenzene is the popular ingredient in that, hence the acne. And the silicone in BB creams create a veil over the skin that doesn't allow it to breathe. It feels like it's breathing, but it's a false thing. It's creating a barrier that's not allowing the skin to perspire the way that it should. That's what is trapping the bacteria."

Heightened sensitivity

"CC creams do give a glow to the skin. But when you have a product that claims to colour correct, the way CC creams do, you have to worry about skin character because you're taking away things that protect the skin cells. When the cells want to cause any kind of pigmentation, it's the body trying to protect itself. If you take away all of that pigmentation, or the ability for the body to do that, then the body cannot defend itself."

Skin irritation

"The new Olay CC cream contains a lot of alcohol and the regular breakout irritants. But, it also contains niacinamide (a form of Vitamin B), which is very good. This shows promise in the formula, but you're still better off using an anti-aging serum instead of a product that is trying to be everything and irritates you."



Shepherd's Pie goes meatless and Mexican with quinoa as its star

1. Heat oven to 180 C (350 F). Bake sweet potatoes for 60 minutes or until tender. Alternatively, microwave at high for 8 to 12 minutes. Let cool until easy to handle.

2. Lightly grease a 2-l (8 cups) baking dish with canola oil or line with wet parchment paper (makes cleanup a breeze). Set aside.

3. In a large soup pot or Dutch oven, heat oil over medium heat. Add onion, red pepper, garlic and cumin. Cook, stirring often, for 5 to 7 minutes. Stir in black beans, cooked quinoa, corn and salsa until well combined. Remove from heat.

4. Pour into prepared pan. If you used a microwave to cook sweet potatoes, at this point heat oven to 180 C (350 F).

5. Meanwhile, cut cooled sweet potatoes in half and

Ingredients

- 1 kg (2 lb) sweet potatoes, scrubbed well and pierced all over with a fork
- 15 ml (1 tbsp) canola oil, plus extra for greasing casserole dish
- 1 onion, chopped
- 1 red pepper, diced
- 2 cloves garlic, minced
- 10 ml (2 tsp) ground cumin
- 1 can (540 ml/19 oz) black beans (no salt added), well rinsed and drained
- 250 ml (1 cup) cooked quinoa made with water
- 250 ml (1 cup) frozen corn (no need to thaw)
- 250 ml (1 cup) mild or medium salsa, deli-style
- 50 ml (1/4 cup) light sour cream
- 50 ml (1/4 cup) finely chopped cilantro
- 1 ml (1/4 tsp) freshly ground black pepper (optional)
- 50 ml (1/4 cup) thinly sliced green onion or chopped cilantro, for garnish (optional)

scrape out flesh. Discard skins. Mash sweet potato well with sour cream. Stir in cilantro. Season with pepper, if desired.

6. For a rustic look, spoon sweet potato mixture over quinoa mixture in heaping teaspoonfuls. (If you like more conformity, spoon on and spread out.)

7. Bake for 30 minutes or until heated through and bubbly. Sprinkle top of casserole with green onion, if using.

THE CANADIAN PRESS/ ALL RECIPES ON THIS PAGE APPEAR IN THE VEGETARIAN'S COMPLETE QUINOA COOKBOOK BY THE ONTARIO HOME ECONOMICS ASSOCIATION, EDITED BY MAIRLYN SMITH (WHITECAP, 2012).

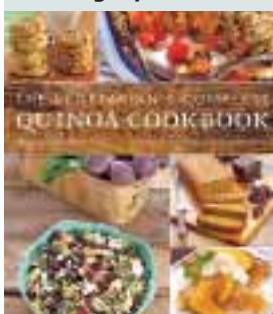
Mexi Meatless Shepherd's Pie



This recipe makes 1.5 l (6 cups). THE CANADIAN PRESS H/O

Cookbook of the Week

Cooking superfood



Quinoa, one of the most popular superfoods, gets the spotlight in *The Vegetarian's Complete Quinoa Cookbook* by the Ontario Home Economics Association. The release boasts more than 125 recipes, many of which are gluten free, contributed by professional home economists. Every recipe includes a nutritional profile and is less than 500 calories.

Among specific recipes are: African Peanut Soup with Red Quinoa, Goat Cheese, Red Pepper and Spinach Quiche, Dark Chocolate Pudding Cake.

METRO

Just the breakfast basics: Simple Quinoa Crepes



This recipe makes 12 crepes. THE CANADIAN PRESS H/O

"The crepes are fantastic," says Marilyn Smith, editor of *The Vegetarian's Complete Quinoa Cookbook*. "I'm really impressed with the crepes just because it's so different."

This recipe will give you a slightly sweet basic crepe that you can use in recipes with fruit or sweeter sauces.

1. In a food processor fitted with a metal blade, process flour, eggs, oil and soy beverage for 10 to 15 seconds, until smooth (batter must be lump free). Refrigerate batter for at least 30 minutes before cooking. This allows bubbles to dissipate and gives a nicer finished product.

2. Very lightly grease a small frying pan (18 cm/7 inches) with canola oil. You may only have to do this once; a lightly seasoned pan will give you a more uniform crepe.

3. Spoon a scant 45 ml (3

tbsp) of the batter into pan and rotate pan around so that there is an even coating on the bottom of it. Try not to run batter up the sides as this will over-crisp the edges. Turn crepe over after 30 seconds. Crepe will be lightly browned on both sides and will be flexible (for folding or rolling).

4. Place cooked crepes on a plate lined with parchment paper to cool. They can be used in other crepe recipes or can be frozen at this point for later use. Freeze in small amounts, placing a small piece of parchment between crepes and wrapping them in clear plastic wrap. Freeze for up to 1 month.

Ingredients

- 175 ml (3/4 cup) quinoa flour
- 3 omega-3 eggs
- 50 ml (1/4 cup) canola oil
- 250 ml (1 cup) organic vanilla soy beverage

Snack. Fruit & Nut Clusters



These fruit and nut clusters make a decadent treat. "They're yummy and contain a little more protein than if you just had a nut cluster," says Marilyn Smith, editor of *The Vegetarian's Complete Quinoa Cookbook*.

1. Line a large baking sheet (42 by 28 cm/17 by 11 inches) with parchment paper and set aside.

2. Place chocolate in a medium microwave-safe bowl. Microwave at medium for 1 minute, stir, microwave one more minute at medium and stir again until completely melted. (Depending on your wattage, this could take longer than 2 minutes. The trick is to add more time in 5-second intervals, as you don't want to scorch the chocolate. Stir until chocolate

has completely melted.)

3. Add quinoa puffs, cranberries and almonds. Stir to combine.

4. Drop 12 equal spoonfuls of the chocolate mixture on prepared baking sheet.

5. Let set until firm, about 30 minutes, or refrigerate.

Ingredients

- 175 g (6 oz) bittersweet chocolate, coarsely chopped (70-75 per cent cocoa mass)
- 125 ml (1/2 cup) quinoa puffs
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) whole almonds, coarsely chopped

Granny's farmhouse tabletop trend

Decor. Using mix-and-match tableware pieces a trend



DESIGN
CENTRE

Karl Lohnes
home@metronews.ca

For most of my adult life I have tried to veer away from anything remotely familiar to my mother or grandmother's decor styles.

Recently, I was shopping at a consignment shop and found a set of scallop-edged toile dessert plates. Not sure what I was going to do with them, I purchased them and decided to make them work at my next dinner party.

While mixing old and new is a huge trend, I figured I had my work cut out for me to incorporate them into a trendsetting table scape.

Recently, the look of farmhouse style has shown up at many home decor retail stores. This mix-and-match of humbly-worn objects can allow us to create a trendy table scape by combining our old dishes with this charming style — perfect for casual summer entertaining.

It's a table top that I think any modern grandmother would appreciate.

Fog wine glass

Hand-made, chunky and smoky make for a casual way to enjoy wine. \$5, crateandbarrel.com



Placemat

Create the look of a worn table without waiting 100 years. Add textured placemats made of heavy, durable vinyl. Natural Effects Driftwood Placemat, \$7, bedbathandbeyond.ca



Charger plate

Incorporate a level of formality to your table without making it feel overly traditional. Silver-Plated Charger Plate, \$45, potterybarn.com

Silver-plated flatware

Look like you've "collected" cutlery from your many visits to fancy hotels. Sheffield Heirloom Silver-Plated Flatware, \$145, potterybarn.com



Candle holders

Trend colours pulled from my vintage dishes help to contemporize a table. Recycled Glass Curvas Candle Holders, \$29 to \$39, urbanbarn.com



Bracket dinner plate

A silhouette of curves with the drama of dark grey help add a modern touch to a place setting. \$6, cb2.com

Salad plate

Dig up something vintage from Granny's china cabinet and use it to inspire a table setting. Avon Cottage Scalloped Salad Plate, \$20, ofthingspast.com

Platter

Organically shaped oval platters in dark grey add that touch of drama to a precious table. Scape Serve Ware Platter, \$30, WestElm.com



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MOUNT BRYDGES, ON N0L 1W0

This home has incredible character offering a large living room with gorgeous stone wood burning fireplace. The yard is just under 2 acres - for the 'horse lover' it offers 5 box stalls, 2 standing stalls, run-in stall, natural pond that feeds the barn along with separate well and fenced in runs! The property also offers a small workshop, separate pool house, fenced inground pool.



637 REGENT
MOUNT BRYDGES, ON N0L 1W0

This fully updated home offers incredible value. New windows, furnace, central air, eaves, trim, bathrooms, new kitchen w/backsplash, new electrical panel, new oak treads and the list goes on. Pleasant surprise is the large loft. The basement is a workshop high and dry - waterproofed, new windows, spray foamed w/R20 insulation and new chimney insert to vent 'owned' water heater. Massive decking w/gazebo, on-ground swimming pool w/new pump, liner and pool shed!



339 BEATTIE
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Main floor is approx 1,500sqft bringing in \$870/mth + utilities... w/wood burning fireplace, hardwood, large eat-in kitchen, 3bdrms, livingroom, lower rec room and laundry room. Rear basement apartment is approx 500sqft bringing in \$600/mth. This home has a large, private, treed lot with a new roof, siding, furnace, air conditioning. Excellent investment as a landlord or to live in one unit while collecting revenue!! Minimum of 24hrs notice.

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Spruce up your kitchen for spring

DIY ideas. Brighten it up with a hint of colour, lighting and decor that gives your space a fresh look without breaking the bank

As the grey skies and dull days of winter are now behind us, give your kitchen a fresh face-lift for the spring.

Get more economical and clever kitchen design ideas from I Hate My Kitchen on DIY Network Canada.

See the light

Installing lighting under kitchen cabinets can be an easy and inexpensive way to add a subtle glow and brighten up a room.

Low-voltage xenon light-bulbs are cost effective with a long life, and are a great way to enhance your counters and shelves.

This extra ray of light will help with food preparation while also creating a dramatic effect at night.

True colours

Add a splash of colour with affordable kitchen accents like vibrant storage boxes.

It's as easy as purchasing a few old wooden crates and spray painting them with vivid tones. These accent pieces can also be used to store extra dishes, utensils, cookbooks and any other items that need to be packed away.

Sticky situation

Create a fun design on your kitchen walls without calling in the painting professionals.

Wall decals come in a variety of colours and designs to suit different tastes. It's as easy as sticking the decal onto your wall and then just peeling it off when you're ready to move on to your next design.

Scratch the surface

Add texture to your kitchen walls with a unique backsplash using versatile materials such as salvaged wood scraps from an old cottage, photocopies of favourite recipes, or even a vintage vinyl tablecloth.

This serves as a budget-friendly and simple way to freshen up your kitchen space on a whim, without having to make any long-term decisions.

Out in the open

Create an open concept storage setting by stacking colourful dishes on uncovered shelves. Bright and vibrant dishes can be so much more than just serving items for meals. They can also become beautiful displays to liven up your kitchen.

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Composting and recycling 101



COSTA POULOPoulos
Ontario Real Estate Association Board

It's no secret that well-manicured lawns and beautifully landscaped gardens elevate exteriors, but they're also essential to enhancing the curb appeal of your home.

Nutrient-rich compost is a great way to kick-start your garden this spring and keep it looking attractive all season. But instead of buying compost, why not create your own by starting a compost pile?

Not only does composting create nutrient-rich soil for your lawn and garden, but it will help feed your plants and help soil retain moisture.

Not convinced? Here are more reasons why you need to start composting this spring:

Recycling

With compost you recycle kitchen and yard waste. Composting can divert as much as 30 per cent of household waste away from the landfill.



Get composting to boost your home's curb appeal with a better lawn. ISTOCK IMAGES

Good bugs

Compost introduces beneficial organisms to the soil. Microscopic organisms in compost help aerate the soil, break down organic material and ward off plant disease.

Bigger picture

Composting offers a natural alternative to chemical fertilizers so it is good for you and the environment. One-third of all landfill waste is made up of compostable materials.

In addition to composting, this is the perfect time to evaluate your family's recycling routine. The most important

thing to keep in mind is consistency, and of course, the three R's (reduce, reuse, recycle).

Remember that reducing household waste doesn't have to be overly difficult or time consuming. The best at-home recycling routine is consistent, uses all three R's and incorporates the whole family.

Head to your local garden centre to get detailed information on composting and for recommendations on the types of plants that are sure to make your garden come alive this spring/summer.



RENT DEPOSIT RULES TO KNOW

Your rent deposit is based on the rental period

A landlord can collect a rent deposit if it is requested on or before the day that the landlord and tenant enter into the tenancy agreement. The rent deposit cannot be more than one month's rent or the rent for one rental period, whichever is less. For example, if rent payments are made weekly, the deposit cannot be more than one week's rent; if rent payments are made monthly or bi-monthly, the deposit cannot be more than one month's rent.

The rent deposit must be used for the rent for the last month before the tenancy ends. It cannot be used for anything else, such as to pay for damages.

If the rent increases after a tenant has paid a rent deposit, the landlord can ask the tenant to pay an additional amount towards the rent deposit so that it is the same as the new rent.

If a tenant gives notice that they want to move and the landlord has not previously asked the tenant to top up the rent deposit, the landlord still has the right to ask the tenant to pay an additional amount towards the rent for the last month, so that it is the same as the current rent.

The landlord must pay the tenant interest on the rent deposit every 12 months. The amount of interest that a landlord must pay is the same as the rent increase guideline that is in effect when the interest payment is due. The guideline is set each year by the Ministry of Municipal Affairs and Housing. Information about this year's rent increase guideline can be found on their website.

If the landlord does not pay the interest owed to the tenant when it is due, the tenant can: deduct the interest from a future rent payment, or file a Tenant Application for a Rebate form to the Landlord and Tenant Board.

A landlord asks for a deposit for keys only if the deposit is refundable and, the amount of the deposit is not more than the expected cost



THINKSTOCK

of replacing the key if they are not returned to the landlord.

The landlord must give the deposit back when the tenant turns in their key at the end of their tenancy.

The landlord can charge a tenant for additional keys that the tenant requests (for example, if the tenant wants an extra key or if the tenant has lost their key), however, the charge cannot be more than the actual cost to the landlord to get the additional keys.

A tenant does not have to pay for new keys when the landlord decides to replace the lock with a new one, but the landlord may ask for a refundable key deposit for the new keys.

A landlord cannot collect a damage deposit that they would use if there is damage done to the unit. Also, a landlord cannot use the last month's rent deposit to cover damages in the unit.

If the landlord finds that a tenant has damaged the unit or caused damage to the building, the landlord can give the tenant a notice and/or ask them to pay for the damages. If they do not, the landlord can apply to have the Board determine if there are damages and what should be done about them.

If a tenant's rent cheque is returned NSF, a landlord can ask the tenant to pay for the charges the landlord has to pay to the bank, plus an administrative charge of up to \$20. The landlord can also claim any NSF cheque charges they paid in an application to the Board for arrears of rent.

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Communities

Budget. Simple projects can lead to savings

Renovations aren't just about updating the design and comfort of your home or cottage, they can also be a great way to incorporate better approaches and sustainable technologies that cost very little, but lead to big savings.

It's often hard to know where to start when considering a green renovation. If you are considering a partial or full home renovation and

want to go green, visit cagbc.org/greenhomes for a valuable list of resources, including local architects, advisers or contractors who are best qualified to help.

Here are some simple tips to get you thinking about renovating your space with an eye to saving — both money and the environment:

- Often in renovations you have the opportunity to fill un-

insulated spaces to make them more energy efficient. To go green, consider rock wool or cellulose insulation. Both are available at most home renovation centres and contain recycled content, are made in Canada, and have the potential to reduce your monthly heating costs.

- The biggest single electricity user in an average gas-heated home is your refrigerator.

While renovating a kitchen, consider recycling your old fridge (many utility companies will pick it up for free) and purchasing an Energy Star fridge. Choosing a smaller size will also reduce the monthly energy cost. Compare the EnerGuide rating that is listed on each fridge before you buy one — this will tell you which ones will save you the most energy and the most money.

- Reducing water use and hot water bills when renovating your bathroom is easy. Installing a low-flow or low-flow dual-flush toilet can reduce your water use by up to 25 per cent. A smart way to sort through what works best is to visit map-testing.com.

- Did you know showers use about 40 per cent of the hot water in your home? Installing the right low-flow shower

head, especially one that is 1.75 gallons per minute (GPM) or less, will save you up to 30 per cent.

- When looking to replace or install new windows, look for those that are Energy Star rated for zone C or D. You could also consider installing casement windows, which tend to be less drafty as they age when compared to slider and double hung windows. **NEWS CANADA**



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A fresh coat of paint can give your home an updated look and feel — and it doesn't have to cost a lot of money. DIGITAL VISION/THINKSTOCK

Choose 'smart' renovations

Many Canadians are interested in knowing the "smartest" household renovations to make to receive a good return on their investment. Although there are many variables that affect the value of a home, the Appraisal Institute of Canada (AIC) offers these general tips to Canadian consumers.

1 Choose improvements with long life expectancy. Roofing, energy-efficient heating and cooling systems, and windows can provide homeowners worry-free home improvements for as long as 10 to 15 years.

2 Invest in modern updates in high-traffic areas. Update the core rooms of your home such as the kitchen and bathroom. This can be as simple as changing door knobs, resurfacing cabinets, or replacing fixtures and countertops.

3 Don't underestimate the value of inexpensive updates. A fresh coat of paint, modern lighting fixtures, light landscaping or gardening, or upgraded door handles can give your home an updated look and feel — and it

doesn't have to cost a lot of money.

4 Consider energy-efficient renovations that have a high return relative to cost. Energy-efficient renovations are considered one of the highest paybacks relative to cost.

5 Be careful about over-improvement. Consider your neighbourhood and the expectations of buyers in your area when planning your next renovation project.

6 Think about your personal needs. How much you spend on improvements will depend on how long you plan to live in your home. If you are thinking shorter term, smaller and less-expensive improvements may be your best bet to recover your investment.

7 Be sure to get a building/renovation permit. Take the time to obtain the proper building permits from your municipality or appropriate authority. This is a good step to ensuring that the renovation work complies with the building codes.

METRO NEWS SERVICES

Blackhawks' depth on display early in playoffs

NHL. Chicago spins success from regular season into a 1-0 lead vs. Wild in first round

The Minnesota Wild got a terrific effort from Josh Harding in a tough spot. Ryan Suter helped Minnesota keep Chicago's high-powered attack in check, and the Wild still lost Game 1 to the Blackhawks.

The problem for Minnesota is the same one Chicago presented all season long to the rest of the NHL, and it could become even more important as the series moves forward.

The Blackhawks are so deep that it's tough to keep track of everyone.

Take the overtime goal in Tuesday night's playoff opener, which went to Chicago's third line. Or the ice time on the scoresheet, which showed a pretty even distribution for the Blackhawks compared to an astounding 41 minutes for Suter and 34 for fellow Wild defenceman Jonas Brodin.

"Every shift's critical, and it's important that you hold up your end of the bargain," Blackhawks coach Joel Quenneville said Wednesday. "Your depth's going to get challenged and I think we found

out all year it was one of the strengths of our team. This year, in the playoffs, I don't think that's changed at all. Maybe it would even be that much more important."

Minnesota's depth was challenged when goalie Niklas Backstrom was scratched with a leg injury after he hurt himself while reaching for a puck as he warmed up for Game 1. Harding, who was diagnosed with multiple sclerosis last summer and played in just five games this season, responded with 35 saves.

"To not expect to play and halfway through warm-ups you find you have to play, to flip that switch, that's a tough thing," Suter said. "I thought he did great. That's a lot of pressure on a guy to come in and perform, and he did. Hopefully, he continues to have great success like he had."

Backstrom and right wing Jason Pominville are day to day, according to coach Mike Yeo. Pominville missed the last two games of the regular season after he was elbowed in the chin by Dustin Brown of the Los Angeles Kings.

That means Harding could be in the net again for Game 2 on Friday night at the United Center.

THE ASSOCIATED PRESS

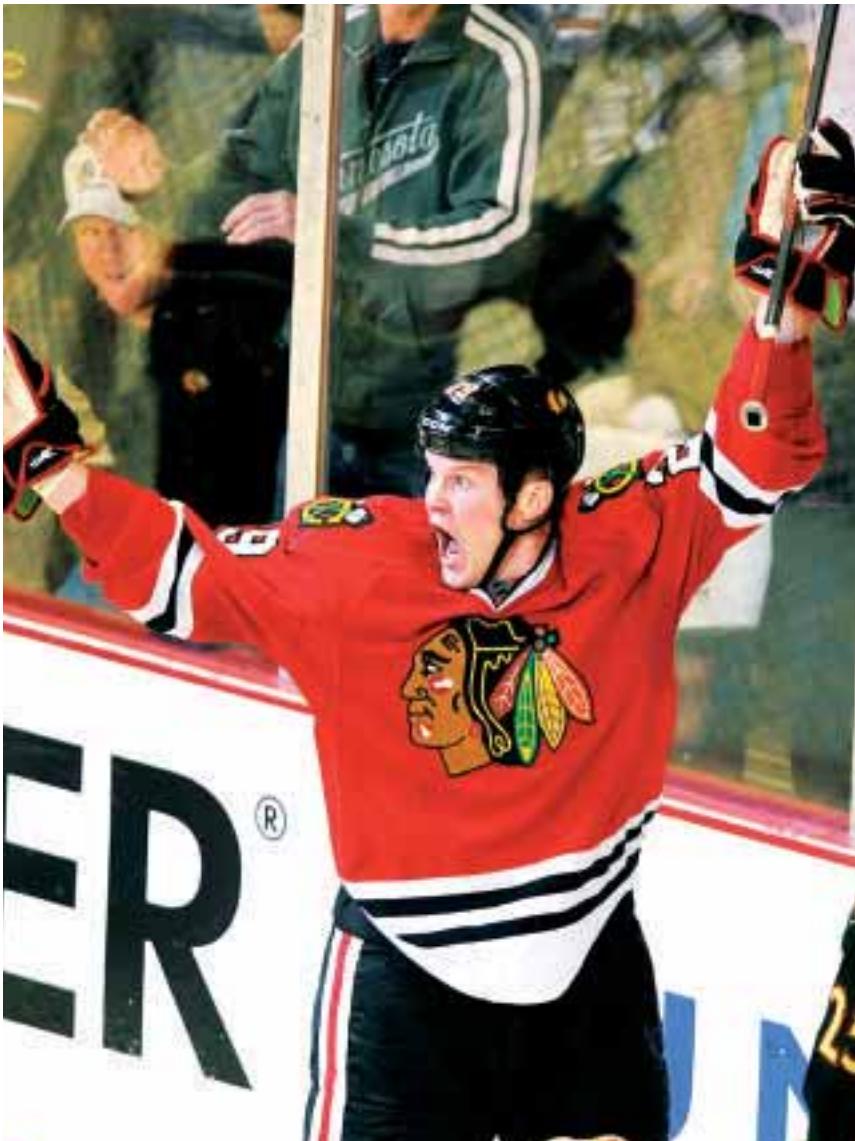
Off to a good start

The Blackhawks rolled to an NHL-best 36-7-5 record this season, winning the Presidents' Trophy for the first time in 32 years and raising the expectations for a second championship in four years.

• Nine players had at least 20

points, helping Chicago to 149 goals — second only to high-scoring Pittsburgh.

- The overtime goal in Game 1 went to Bryan Bickell, who went to his backhand to slide the puck between Harding's legs for the score.



Chicago Blackhawks forward Bryan Bickell reacts after scoring the game-winning goal in overtime of Game 1 against the Minnesota Wild on Tuesday night in Chicago. The Blackhawks won 2-1. JIM PRISCHING/THE ASSOCIATED PRESS

NHL. This isn't child's play: Sid the Kid sits

The Pittsburgh Penguins began their quest for a Stanley Cup without Sidney Crosby.

Crosby's broken jaw kept him out of Pittsburgh's playoff opener against the New York Islanders Wednesday night. Crosby hasn't played since taking an errant shot to the face in a game against the Islanders on March 30. He met with a doctor on Tuesday and while

the doctor was pleased with Crosby's progress, he still has not received clearance to play.

THE ASSOCIATED PRESS

Playoff coverage

Go to metronews.ca for coverage of the NHL playoffs.



Time will tell



"I think the real response will be once he gets a job."

Brooklyn Nets veteran Jerry Stackhouse on Jason Collins' recent announcement that he is gay. Collins, a 34-year-old journeyman, becomes a free agent on July 1 — meaning that he will first have to sign with an NBA team and wait until next season to see if teammates, coaches, opponents and fans will treat him any differently.

Curling

Morris joins Cotter's Kelowna, B.C., rink

Veteran curler John Morris will get another crack at representing Canada at the Olympic Games.

Morris has joined Jim Cotter's rink from Kelowna, B.C., as the team prepares for the Canadian Olympic pre-trial competition in November. The top two men's and women's teams at that event will advance to

the Canadian curling trials with a spot at the 2014 Sochi Games on the line.

Morris spent the last seven seasons as a third on Kevin Martin's Edmonton rink, helping the team win an Olympic gold medal, two Canadian men's curling championships and one world title over that span.

Morris parted ways with Martin last week, despite the fact Martin has already qualified for the Canadian curling trials.

THE CANADIAN PRESS

4
SPORTS

Sanchez breaks as Twins top Tigers

MLB. Detroit right-hander goes through first-inning wringer as win streak ends at five

Anibal Sanchez struck out the first two hitters he faced — then the trouble began.

A walk. A double. Then another walk and a single.

Suddenly, the Detroit right-hander was struggling to get out of the first inning.

Sanchez settled down eventually, but this was nothing like his 17-strikeout performance last week against Atlanta. Instead, he gave up three runs in six innings, and the Tigers lost to the Minnesota Twins 6-2 on Wednesday.

"I think Sanchy was just too excited at the start," Tigers manager Jim Leyland said. "He was throwing too hard, and it hurt his command. He got it back, because he's an excellent pitcher."

But Detroit could never take the lead. Scott Diamond pitched six solid innings, and the Twins snapped Detroit's

five-game winning streak.

Sanchez fanned five in the first two innings, but Minnesota scored two runs in the first and another in the second. Diamond (2-2) didn't allow a hit until Jhonny Peralta's single in the fifth.

The Tigers fought back after trailing 3-0, but reliever Bruce Rondon allowed two more runs in the seventh to make it 5-2. Chris Parmelee hit a solo homer in the eighth.

Diamond allowed two runs and four hits and was pulled after 88 pitches.

"Diamond was really good. He was moving the ball from side to side and keeping us off balance," Detroit's Torii Hunter said. "I thought Anibal was really good, and he probably deserved a win today, but the offence wasn't there."

Closer Glen Perkins pitched the ninth for Minnesota in a non-save situation. He allowed singles by Miguel Cabrera and Prince Fielder with nobody out, but Victor Martinez hit into a double play, helping Perkins out of the jam.

THE ASSOCIATED PRESS



New Westminster, B.C.'s Justin Morneau singles to shallow centre field scoring Twins teammate Pedro Florimon on Wednesday at Comerica Park in Detroit. Morneau went 2-for-5 with a double and two RBIs in Minnesota's 6-2 win. LEON HALIP/GETTY IMAGES



Bayern Munich finishes off stunning win over Barca

A fan hugs Franck Ribery after running onto the pitch following Bayern Munich's win over Barcelona in UEFA Champions League play on Wednesday. Munich beat a Barcelona side missing Lionel Messi 3-0 to seal a crushing 7-0 win on aggregate and line up the first all-German Champions League final against Borussia Dortmund.

MIKE HEWITT/GETTY IMAGES

MLB

Owner threatens to move Cubs

The owner of the Chicago Cubs publicly threatened for the first time Wednesday to move the team out of Wrigley Field if his plans for a new video screen are blocked, saying he needs millions of dollars in ad revenue to help bankroll the renovation of the storied ballpark.

"The fact is that if we don't have the ability to generate revenue in our own outfield, we'll have to take a look at moving — no question," Cubs chairman Tom Ricketts told reporters after a speech to Chicago business leaders outlining plans for a \$500 million US renovation of the 99-year-old stadium.

The thorniest issue is the plan for a 6,000-square-foot video screen over left field, like those in most ballparks. The difference in Chicago is that the stadium — the second oldest in baseball — is surrounded by privately owned clubs that have built rooftop bleachers and object to any changes to the park that could block their bird's-eye views.

THE ASSOCIATED PRESS

MRI delivers good news to Jays' ace knuckleballer

Toronto Blue Jays knuckleballer R.A. Dickey is scheduled to start for the Blue Jays on Saturday after an MRI exam revealed only minor inflammation.

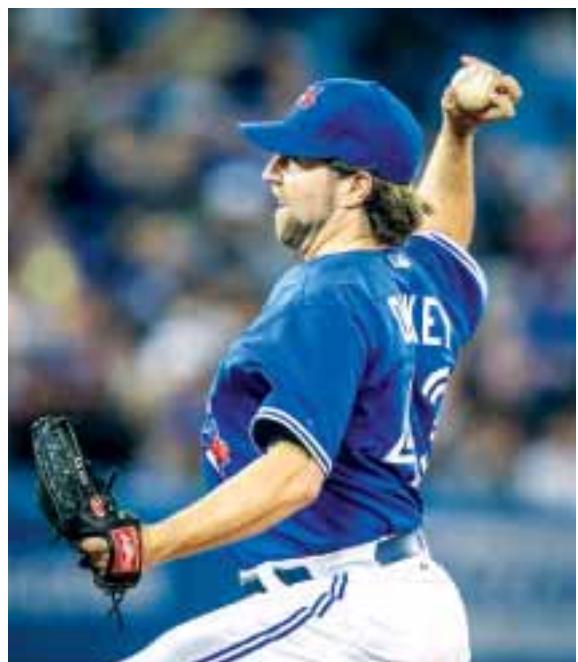
The 38-year-old right-hander has been bothered by soreness in his neck and back. Manager John Gibbons said Dickey had the exam Tuesday.

"They looked at him and it was nothing serious at all," Gibbons said Wednesday during pre-game availability. Dickey is 2-4 on the season with a 4.50 earned-run average. He was acquired in a trade with the New York Mets after going 20-3 last season and winning the National League Cy Young Award.

Gibbons said Dickey has been feeling better in recent days and felt good after throwing a bullpen session.

The Toronto skipper added that right-hander Josh Johnson is scheduled to start Friday against the Seattle Mariners in the opener of a three-game weekend series.

Johnson was scratched from a start last week because of tightness in his right tri-



Jays starting pitcher R.A. Dickey will start this Saturday when Toronto takes on the Seattle Mariners at Rogers Centre. DAVID COOPER/TORSTAR NEWS SERVICE

ceps. He's 0-1 with a 6.86 ERA in four starts since being acquired in an off-season trade with Miami. THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

Today's planetary picture urges you to enjoy the social side of life. You may have a long journey ahead of you but that does not mean you cannot pause to smell the flowers along the way.

Taurus

April 21 - May 21

Why so uptight? Is it because you think a secret is being kept from you? It does not matter what the rest of the world is doing. It matters only what you are going to do next.

Gemini

May 22 - June 21

You seem to be much in favour with loved ones and friends at the moment, which is good. But don't let their kind words and attention distract you from your most important tasks. There's work to be done.

Cancer

June 22 - July 23

Try to relax and take setbacks in your stride. There will always be things that don't work out the way you want them to — you'll never change that. What you can change is your own attitude. Be confident.

Leo

July 24 - Aug. 23

Someone you don't always get along with seems remarkably friendly at the moment. Is this a genuine change of heart or is it a trap? They just want to draw a line on the past.

Virgo

Aug. 24 - Sept. 23

Is someone at work causing you grief? If so it may be a situation of your own making. Try not to be quite so competitive today. Co-operation is the key to success.

Libra

Sept. 24 - Oct. 23

You seem to think that you alone know how to resolve a tricky situation. Maybe you do but it will still pay you to get other people involved, and that means listening to all opinions.

Scorpio

Oct. 24 - Nov. 22

Now that Mercury has moved into your opposite sign, you should find it easier to reach out to people you know and those you will need to know to further your ambitions.

Sagittarius

Nov. 23 - Dec. 21

It is always easy to see the worst in people but today you should look for the best in them. It's there, if you open your eyes wide enough to see. Look in the mirror and greet your own good side too.

Capricorn

Dec. 22 - Jan. 20

If someone asks what you think of something they have done today, tell them you think it's fantastic, even if you don't. They could do with a confidence boost and you're just the one to give it to them.

Aquarius

Jan. 21 - Feb. 19

The trick you need to master now is making others believe you are not as smart as you are. If rivals underestimate what you can do, you may catch them off guard and beat them to the prize.

Pisces

Feb. 20 - March 20

Modesty comes naturally to you and that's good because someone will go out of their way to talk you up. It's nice to be flattered, of course, but what is their motive? **SALLY ROMPTON**

Crossword: Canada Across and Down

Across

1. Catherine ___ (Henry VIII's sixth/ last wife)
5. Mr. Bunny
9. Some computers and printers, e.g.
12. "The Love Boat" bartender
14. Swedish furniture store
15. Hair: ___ Plus 2 in 1
16. Flagstones-created retreat
17. Horse gait
18. Pinocchio, sometimes
19. Witch's works
21. "Umbrella" singer
23. #99: 2 wds.
26. Plant-growing pet
29. Thor Heyerdahl's raft, ___-Tiki
30. Pastureland parent
31. TV classic, "I Love ___"
32. The 'E' in QED
34. Archie Bunker's wife

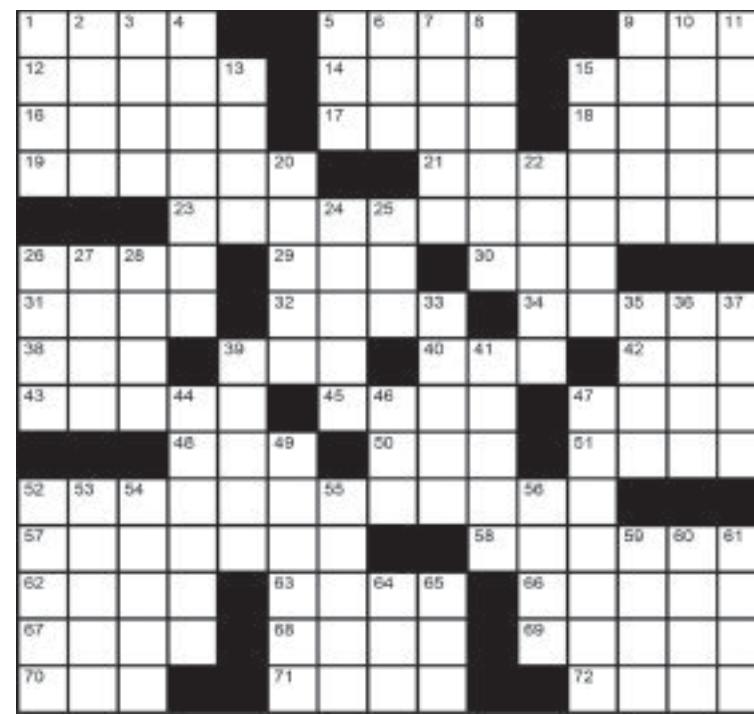
38. Gone by
39. Message regarding health or safety, e.g.
40. 'Dull' suffix
42. Thought something was groovy
43. High IQ society
45. Price ___
47. Tapestry thread
48. Phone's 8 letters

Down

50. Part, puny-ly
51. Chows down
52. Eastern mountains stretching The States to Quebec/Maritimes
57. ___ Falls, Ontario
58. Second Cup servings
62. Great dancer Mr. Kelly
63. Exist
66. Single-named songstress
67. Decorated, as cupcakes
68. 'Persist' suffix
69. Mr. Savard, Hockey Hall of Famer
70. Snake-like splasher
71. Region [abbr.]
72. Think, archaically

See today's answers at metronews.ca/answers.

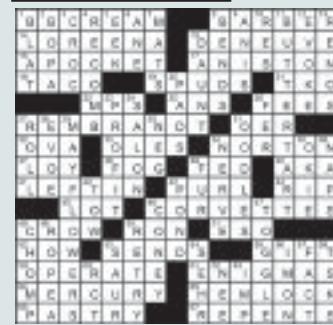
BY KELLY ANN BUCHANAN



Down

1. Singers for Gladys
2. Hurried office memo letters
3. Appraise
4. Canadian National
5. Fragment
6. Kiev's li'l land
7. Christopher Plummer film role, Captain
8. von Trapp
9. Form of comedy
10. Ketchup brand
11. '80s rockabilly hit: "___ Cat Strut"
13. Coca-___
15. Gold-___
20. Comic actress Wanda
22. Shaped with an

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	1	2	4	9	8	6	7	3
9	8	7	6	3	2	1	4	5
3	6	4	7	1	5	2	8	9
2	4	8	3	5	9	7	6	1
1	3	9	2	6	7	4	5	8
6	7	5	8	4	1	9	3	2
8	5	1	9	7	6	3	2	4
4	9	6	5	2	3	8	1	7
7	2	3	1	8	4	5	9	6

3		1	4		8
9	1	6		4	3
	5	4	2	8	
8		9	8	5	6
1	7	4		9	8
				3	
2		7	8		6



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FRUIT	 \$1.99 ea Reg. \$3.29 Longevity Brand Sweetened Condensed Milk, 300ml	 \$0.99 ea Reg. \$1.99 Wolski Sauerkraut, 796ml	 \$1.88 ea Reg. \$2.99 Regent Cake, 20gx10pcs	 \$1.88 ea Reg. \$2.99 Green Peas, 240g	 \$1.99 ea Reg. \$2.99 G7 Instant Coffee, 18x16g
SEAFOOD	FRIDAY SATURDAY & SUNDAY ONLY	 \$0.79 ea Reg. \$1.29 Green Leaf Lettuce	 \$0.79 ea Reg. \$1.29 Broccoli Branch	 \$1.29 ea Reg. \$1.99 Leek	 \$9.99 ea Reg. \$12.99 Large Heart Cakes (White, Chocolate) (Mother's Day Celebration)
MEAT	 \$0.99 ea Reg. \$1.59 White Mushroom, 227g	 \$2.49 ea Reg. \$3.99 Organic Salad	 \$0.49 lb Reg. \$1.29 Bok Choy Sum	 \$1.50 ea Reg. \$1.99 White Homestyle Bread	 \$1.50 ea Reg. \$1.99 Whole Wheat Bread
SEAFOOD	 \$0.79 lb Reg. \$1.29 Red Delicious Apple	 \$1.99 bag Reg. \$2.59 Avocado in bag	 \$0.88 lb Reg. \$1.59 Red Globe Grape	 \$5.99 ea Reg. \$7.99 Maple Leaf Sliced Meats, 300g	 \$2.49 ea Reg. \$3.99 Natural Selections Sliced Meats, 175g
MEAT	 \$4.88 lb Reg. \$6.99 Fresh Tilapia Fillet	 \$2.18 lb Reg. \$2.99 Live Pasta Clam	 \$0.68 lb Reg. \$1.99 Fresh Grey Snapper	 \$4.49 ea Reg. \$5.99 Stella Ricotta, 475g	 \$1.49 ea Reg. \$1.99 Corned Beef Brisket, 100g
SEAFOOD	 \$9.99 lb Reg. \$12.99 BBQ Frenched Lamb Rack (Bone In)	 \$3.99 lb Reg. \$5.99 BBQ Spring Lamb Shoulder (Boneless)	 \$3.99 lb Reg. \$4.99 BBQ Best Choice Lamb Kabob	 \$2.99 ea Reg. \$3.29 Summer Fresh Dips & Hummus, 227g	 \$1.49 /100g Reg. \$1.89 Summer Fresh Grain Salads, 100g
MEAT	 \$0.88 lb Reg. \$1.88 BBQ Pork Spare Rib	 \$1.77 lb Reg. \$2.59 BBQ Beef Back Rib	 \$2.88 lb Reg. \$3.99 BBQ Beef Rib Eye Steak	 \$16.00 Reg. \$27.99 Green Leaf Lettuce, case	 \$14.00 Reg. \$21.99 Roma Tomato, case
PURCHASE OVER \$50, GET A REUSABLE BAG	 \$3.99 ea Reg. \$4.59 2% Partly Skimmed Milk, 4L	 \$1.99 ea Reg. \$2.79 Supreme White Eggs, 12pcs	 2/\$3.00 Reg. \$2.99 Polly Ann Ice Bar Series, 4 bars	 \$1.99 ea Reg. \$2.99 Black Tie Pompano, 360g	 \$1.99 ea Reg. \$2.99 McCain Superfries Series (17 kinds), 454g-1kg
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